



It's easy with free Online Group Coaching

Join this health program right from your computer!



Eat, Drink and Be Healthy!

- Sessions are 30 minutes a week for 6 weeks
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

This 6 week series will start November 8th at 12:00PM AKT

[Click to Register](#) (REQUIRED)

Space is limited!

Participants completing all 6 sessions will be entered to win a \$50 Amazon e-gift card*

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See other side for sign up instructions and class descriptions

Ready to start getting healthy?

1. Register using the link above.
2. Enter your registration information and click on “register”.
3. Check your email for your registration confirmation email.
4. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
5. Come prepared to learn, interact, and have fun!



Program details:

WEEK 1

ABC's of healthy eating

An introduction to healthy eating and the impact on your health. We'll also provide a helpful overview of USDA's MyPlate.

WEEK 2

Go with the grain

An overview of whole grains, including daily recommendations and ways to include this important food element in your diet.

WEEK 3

More fruits and veggies please

The benefits of fruits and vegetables, plus great tips for adding these healthy foods to your diet.

WEEK 4

Get the skinny on fat and protein

A discussion of healthy and unhealthy fats, plus easy ways to add more protein to your diet.

WEEK 5

Getting off the sugar express

Learn the difference between natural and added sugars, and why you should limit certain sugars in your diet. We'll also talk about sweetened beverages and their impact on your health.

WEEK 6

What we've learned

A helpful review of the health and diet topics discussed throughout the series.

Online Group Coaching

It's free. It's easy. And it just may change your life.

